



**Cheerleaders/Tumblers and
Tiger Mascot
Spirit Team Handbook**

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Jackson State University Cheerleaders/Tumblers and Tiger Mascot Program

The purpose of the Jackson State University Cheerleaders/Tumblers and Tiger Mascot Program is to support intercollegiate athletics & Jackson State University by leading cheers and raising the level of fan support for university athletic teams and to serve as ambassadors of the University. The University Cheerleaders/Tumblers and Tiger Mascot Program include the following teams: Jackson State University Cheerleaders/Tumblers and Tiger Mascot(s).

The experiences gained from being a part of this program will not only channel team members' enthusiasm in a constructive and beneficial manner, but will also give them a sense of pride and accomplishment in being part of a group that is hard-working and respected. This program is a physical activity which involves a risk of physical injury so please be aware of the risk.

Individuals interested in participating on the cheer squad(s) and mascot(s) must audition for the program. The Spirit Team Head Coach will make the final selection for members of the squad(s) and mascot(s).

Mission Statement

As Jackson State University Cheerleaders and Tiger Mascot(s) individuals shall strive to uplift, support, encourage, and believe in the University and community. Members shall possess the qualities of leadership, dedication, determination, motivation, and loyalty with respect and school spirit. Members shall always strive to do the best at all times. **LET'S GO TIGERS!!!**

Objectives

The Jackson State University Cheerleaders/Tumblers and Tiger Mascot(s) program is a student activity. As a student activity, its first and foremost responsibility to the student is to support and not to compromise the student's academic career. Secondly, the program should aid in developing the student participant into a responsible, mature and independent adult. Specifically, the program strives to improve the student's mental and physical well-being. Student participants will be provided (1) leadership training; (2) opportunities for the development and enhancement of decision making skills; (3) enhance in conflict/frustration, objective decision making and sportsmanship; (4) enhancement other interpersonal relationships; such as self-awareness, self-control and self-confidence and (5) the opportunity for student growth, change and maturity.

The primary purpose of the program is to encourage team unity for the support of intercollegiate athletics and Jackson State University. The program's support is directed into three major areas: (1) to lead the cheers; to raise the level of fan support for intercollegiate athletics; to lead in positive vocal support for the team(s); to solicit from Tiger fans on behalf of the University and its teams; (2) to maintain spectators' attention and engagement with the intercollegiate athletics activities on the field or court; perform gymnastics, partner stunts, motions, pyramids, dance movements for entertainment and competitive purposes; and (3) to serve as public relations

ambassadors of intercollegiate athletics and Jackson State University by appearing at University activities, functions and programs, at charitable and public causes (not commercial/business purposes).

Organization Structure

The Cheerleading and Mascot Program at Jackson State University is a unique student activity. The program is a part of the University's Office of Student Life. A Cheer Coach is assigned to the program, as much like other student organizations have an advisor. The Cheer Coach reports to the Director for Student Life for budget purposes and spirit activities are coordinated through appropriate athletics association officials. Unlike other sports of the Athletics Association, cheerleading is not governed by NCAA or SWAC rules and regulations. It should be noted that both the NCAA and SWAC mandate that AACCA Safety Guidelines be followed at NCAA and SWAC championships. Although not fitting nicely into the definition of a sport, program participants are athletes and much of their activity at games and virtually all activity at competition are athletic.

General Guidelines

1. Individuals trying out for the Jackson State University Cheerleaders/Tumblers and Tiger Mascot Program must submit all required forms and may meet other general requirements listed in the try-out packet. Candidates may be judged by random judges and the Cheer Coach. The majority of candidates with the highest scores may be selected for the team. However, the Cheer Coach will make the final selection of the team based upon the Cheer Coach's discretion and reasonable good faith considerations of each potential participant.
2. Individuals participating in the Jackson State University Cheerleader/Tumblers and Tiger Mascot Program shall be enrolled as a full-time (12 credit hours) student with the University and is required to maintain a 2.7 cumulative grade point average. A program participant may be placed on probation from the program if their cumulative grade point average falls below a 2.7; however, individuals may not participate in the program if their cumulative grade point average falls below a 2.5 cumulative grade point average. Program participants on probation may not be permitted to travel to away games.
3. Program participants will submit a progress report to the Cheer Coach, after mid terms of each semester. The deadline for submission of the progress reports shall be set by the Cheer Coach. As a remedial measure for unsatisfactory progress reports, individual participants may be required to attend study sessions. Participants are required to be honest at all times and submission of falsified grades are not permitted and disciplinary action will be taken.
4. Program participants will be good, law-abiding citizens of all University rules and regulations, as well as, all local, state, and federal laws and regulations.
5. Program participants will be responsible for abiding by all rules & regulations listed in the Jackson State University Cheerleader/Tumblers and Tiger Mascot Handbook.

6. Participation in the Jackson State University Cheerleaders/Tumblers and Tiger Mascot Program is a privilege and not a right. Individual participants are subject to dismissal from the program for any circumstance deemed a good faith; reasonable ground, in the Cheer Coach's discretion.

Attendance Guidelines

1. All program participants must arrive at least fifteen **(15) minutes** prior to the scheduled time of ANY event or function, including practices and games.
2. All program participants are to be ready for practices, games, events or functions at the designated time. **No Excuses Are Acceptable! Special practices may be scheduled at various times during the season.** Everyone **MUST** wear proper attire for practices. Hair must be pulled back and out of the face, and **ALL** jewelry must be **REMOVED**.
3. All program participants **MUST** attend all **EVENTS, FUNCTIONS, GAMES, PRACTICES, PUBLIC APPEARANCES, FUNDRAISERS, etc.**
4. If a program participant is unable to attend an event or function, he/she **MUST** contact the Cheer Coach **PRIOR** to the event or function. Practices missed for unjustifiable reasons **WILL NOT BE TOLERATED!** If a program participant anticipates he/she will be late for a practice, the individual participant shall ensure that the Cheer Coach is notified in **ADVANCE**, or consequential action **may** be taken at the discretion of the Cheer Coach. All program participants' appointments and obligations should be scheduled on days other than practice days, games, or events. (*Coach's Discretion*)
5. Program participants **MUST TRAVEL WITH THE TEAM TO AND FROM ALL GAMES/COMPETITIONS/CLINICS/CAMPS, etc.** Behavior of the team, especially while on an away trip, shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or unruly shall be subject to consequential action at the Cheer Coach's discretion.
6. Should a program participant skip a postseason appearance, the individual will not be allowed to try-out for the program the following year. Program participants must consider and make all reasonable effort to resolve conflicts with holiday and spring break plans in favor of any cheer events, functions, games or appearance that may be scheduled during said time.
7. Should a program participant terminate his or her program participation, without a reasonable justifiable cause during the cheer season, the program participant will not be permitted to try-out for the program the following season.
8. Should a program participant be dismissed from the program for any reason during the season, he or she will not be able to try-out the following season after said dismissal.

9. Pursuant to the University policy and the laws regarding the same, any reprimands and/or disciplinary actions will not be discussed with program participant's parental units or any member of his or her family.
10. A demerit system will be utilized to govern and regulate behavior with the program. (See attachment)
11. All program participants must commit his or her time for football and basketball, along with competition games during the season.
12. Each program participant must attend cheer camp prior to the start of the football season. If the program participant does not attend camp, he or she will forfeit their position on the team and will become an alternate. Program participants shall not plan family vacations, weddings, travel, etc., during cheer camp. Being absent or tardy to cheer camp is unacceptable.

Uniform/Equipment Guidelines

1. All program participants will be responsible for the care and maintenance of their uniform and program property during the time that it is in their possession.
2. Any program property not returned or returned in an unacceptable condition will be the responsibility of the individual program participant to pay the replacement costs(s).
3. All program property (warm-ups, uniforms, pom poms, megaphone, bows, tiger suit, etc.) will be the responsibility of the program participant receiving the items.
4. All game/practice equipment signs, flags, coolers, etc. will be the responsibility of all program participants. Therefore, on a rotating schedule, each program participant will be assigned the duty and responsibility of transporting said items and property to and from games or practices.
5. It is the individual program participant's responsibility to maintain his or her uniforms/costumes in a clean, fresh and presentable manner.
6. Program participants should not be in uniform/costume, warm-up jacket/pants, or current program paraphernalia, when not participating in a scheduled event.
7. Program participants' student account may be charged the cost of lost or damaged program items or property.
8. Program participants should immediately report any flaws to the uniform/costume upon notice by the program participants.

Travel Expectations

Travel with the program is a valuable educational experience of program participants. In most cases, an official University chaperone (the Cheer Coach, or a designee) will travel with the team. Every effort will be made for program participants to meet diverse group of people and to travel to various locations. Generally, program participants will not spend their time in hotel rooms, but exploring the town, city or countryside. It is a part of the philosophy of the program that Spirit Team participation "will contribute to the social development" of the program participants.

The primary emphasis of this policy focuses on the behavior of program participants when traveling as representatives of the University. At all times, program participants' behavior shall be exemplary. Behavior, which is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or discordant, unruly, etc., shall be subject disciplinary action.

Involvement at Functions and Events

In addition to football and basketball games, practices and pep rallies, program participants attend a number of public relations and/or charitable events each year. Generally, program participants do not make business or commercial appearances (as program participants). Participants who appear at business or commercial events as individuals, not as a representative of the JSU Cheerleaders/Tumblers and Tiger Mascot Program, are required to notify and seek approval of the Cheer Coach.

The Cheer Coach shall approve all appearances by the program participants in advance. All appearances shall be at places and events, which represent the good will and respect of the program and the University.

Program participants shall appear only at events/activities, which will reflect positively on them as individuals, and as representatives of the University.

With due consideration to the size of the event, priority for appearances shall be in the following order: JSU Athletic events/activities, JSU Alumni Association and other JSU events and activities, charitable events/activities, and public relations events/activities. Program participants shall not make appearances at political events/activities. In committing to an appearance for the program, the advisor and/or coach shall give first consideration to the student's academic career and, in particular, attendance at classes. Other considerations to be weighed include (a) number of activities in that week, (b) the function or contribution of the program participants at the event/activity, (c) the nature of the event/activity, (d) cost and/or travel expenses and distance to the event/activity, and (e) other valid considerations.

Alcoholic Beverages

Program participants are reminded, as highly visible members of the University community, their actions and behavior are under constant observation. This constant observation continues while program participants are in or out of uniform. Therefore, pursuant to Jackson State University's policies, the use, consumption, possession, purchase, sale and/or distribution of alcoholic beverages on University property, in cars or other vehicles, or at any of the University's activities (whether on- or off-campus) are prohibited, except as expressly permitted by the University regulations, exceptions, or local, state, and federal laws. This includes the possession of any alcohol paraphernalia (bottles, cans, etc.)

Pursuant to Mississippi law, it is illegal for any person under the age of 21 to possess or be sold, given, or furnished beer or light wine. This law has serious consequences for persons who provide or sell any alcoholic beverage, including beer and wine, to individuals under 21, as well as for underage drinkers. Appearing in public on the University premises while intoxicated or

under the influence of alcohol or illicit drugs is strictly prohibited. This includes any disorderly conduct regardless if whether such conduct results in injury to persons or property, as a result of intoxication.

Furthermore, while traveling off the campus to away games or other official functions, program participants are prohibited from consuming or possessing alcoholic beverages.

Although attempts will be made to avoid functions where alcoholic beverages are being served, undoubtedly, the program participants will attend some function or activity where alcoholic beverages are present. If a program participant has a particular objection to attending an event where alcoholic beverages are present or finds alcoholic beverages particularly offensive, he/she should make that fact known to the Cheer Coach immediately. The Cheer Coach will make every effort to arrange for the program participant(s) to be excused from that event/activity. Where it is practical and feasible, an alternative form of entertainment will be offered to the program participant who does not want to be where alcoholic beverages are being served. If a program participant finds him/herself in an uncomfortable situation for any reason, but especially because of alcoholic beverages, he/she should inform the coach and/or advisor as soon as possible.

Program participants shall adhere to the following rules:

1. Program participants shall not possess or drink alcoholic beverages in a University car, van or bus;
2. Program participants shall not consume alcoholic beverages before or during a game or at practice;
3. Program participants shall not offer to procure for or attempt to coerce other individuals who are under 21 or who do not want to drink alcoholic beverages into doing the same.
4. Program participants who violate these rules shall be subject to serious disciplinary measures up to and including immediate dismissal from the program in addition to possible University, local, state, and/or federal law sanctions.
5. In addition, University officials shall not purchase or furnish alcoholic beverages for program participants at any University event/function.
6. Program participants are expected to be good citizens and, therefore, carefully and faithfully abide by University rules and regulations and the laws and ordinances of where they live or travel.

Drugs and Drug Testing

The University is committed to providing a safe and healthy environment for the Cheerleader/Tumbler and Tiger Mascot Program. As such, the consumption, sale, distribution, manufacturing, purchase of, or being in the presence of or the vicinity of illegal drugs, narcotics,

the accessory to, or aiding and abetting of any controlled substances, are strictly prohibited from all locations of the University, and beyond the premises according to all local, state, and federal laws. Illegal drugs also include all prescription drugs without a valid medical prescription. Drug paraphernalia is strictly prohibited at the University. Paraphernalia is defined as all equipment, products, and materials of any kind used to facilitate planting, propagating, cultivating, growing, manufacturing, converting, processing, preparing, packaging, storing, concealing, playing with, injecting, ingesting, inhaling, or otherwise introduce a controlled substance into the body. The scope of this prohibition includes drug or paraphernalia that is on University and/or at events and activities sponsored by the University and involves related incidents that are subject to prosecution under local, state, and federal laws. The illegal possession of an/or use of drugs, or drug paraphernalia includes, but is not limited to roach clips, bongs, hookah, masks, scales, balances, sandwich bags and their corners, sifters, syringes, spoons, chamber pipes, homemade pipes, film canisters, diluents, spray cans, carburetor pipes, paint, pipes, homemade pipes, and any other equipment products and materials includes but is not limited to smell, smoke, seeds, or residue. The presence of odor of marijuana will be considered evidence that a drug violation has occurred. Improper behavior or conduct on the campus which is a result of the use of illegal drugs which means that one who, having consumed or used drugs, experiences a loss of the normal use of his/her mental and/or physical faculties is restricted.

Thus, conduct which involves the unlawful possession, use, dispensation, distribution or manufacture of controlled substances by a program participant while traveling for the University at any official program functions/activities, or at any other time, shall result in appropriate discipline, including termination from the program. Like all JSU athletes, members of the program are subject to random drug testing. Urine analysis testing is the method utilized by the University. The JSU Health Center staff takes urine samples with testing results being analyzed by a certified laboratory. **Any positive drug tests shall result in removal from the program. The program has a “zero tolerance” for illegal drug use. Any one that uses illegal drugs will be dismissed from the program.**

Injuries and Illnesses

Any illness or injury shall be reported to the Cheer Coach immediately.

Injuries suffered during practices, games, or other official functions will be treated by the University athletic trainer and/or doctor. The initial expenses for such treatment shall be paid by the program participant's personal insurance up to the amount of the applicable insurance policy. If an injury or illness incapacitates a program participant, he/she shall not be permitted to practice and/or participate during an event for a period of time as determined by the athletics trainer or a doctor. Generally, another program participant shall replace an injured/ill participant of the program until he/she is fully recovered. Return to participation at games or participation may be determined by the attending doctor. If a doctor recommends that a participant no longer participate, due to the injury or a health problem, the participant shall be removed from the Spirit Team squad. If chronic illness or injury causes a participant to miss games or practices repeatedly, the participant may be removed from the program.

Healthy Lifestyle and Nutrition Policy

Introduction

The JSU Cheerleaders/Tumblers and Tiger Mascot Program is committed to promoting and fostering healthy lifestyles and eating habits for program participants. Conduct which opposes this philosophy and/or conduct which poses unacceptable risk and disregard for the health, safety and welfare of participants is a violation of this policy and will result in appropriate counseling and/or disciplinary action up to and including termination from the program.

Cheerleaders/Tumblers and Tiger Mascot Program participants at Jackson State University must be excellent athletes. The program involves some aspects of several athletic activities, e.g., rotation and tumbling of gymnastics, stamina of basketball, strength of body building or football, balance and movement of dance, etc. The program is highly regarded and, by most standards, is one of the elite programs amongst Historically Black Colleges and Universities. Therefore, the expectations and standards of the program are exceptional.

Education

Education is key ingredient in the promotion of a healthy lifestyles and preventing eating disorders. JSU cheerleading coaches, trainers, and program participants will receive written materials and oral instruction on healthy eating.

Fitness Program Requirements

All program participants shall be required to lift weights. A strength coach or an assistant strength coach in consultation with the Cheer Coach will design specific weight programs. A designated time period each day will be available for program participant's weight lifting at an appropriate JSU Athletic Training Center(s).

The physical nature of the Cheerleaders/Tumblers and Tiger Mascot Program requires significant emphasis on participants' health and fitness. Individual health issues and/or injuries will be considered and managed in a good faith reasonable manner. However, if there is an unreasonable risk of danger to other program participants, the individual with health issues or injuries may be suspended or terminated from the program.

Safety

The intensity of athletic activity in cheerleading has resulted in an increased concern for safety. Cheerleading involves a variety of gymnastics, motions, partner stunts, rotations, pyramids, dance and heights; participation in the program involves a certain amount of danger of personal injury. Program participants are placed on notice that improper conduct of program activity may result in catastrophic injury, paralysis or even death. In becoming a participant in this program, a cheerleader/tumbler, tiger mascot voluntarily assumes the risk involved by participating in practices, games, and other activities.

The JSU Cheerleaders/Tumblers and Tiger Mascot Program have adopted and abide by the rules and regulations of the American Association of Cheerleading Coaches and Advisors (AACCA). All squad members shall be thoroughly familiar with and shall carefully abide by the AACCA guidelines. Program participants are aware that failure to abide by the AACCA guidelines may result in immediate and serious discipline to include possible dismissal from the squad.

The AACCA guidelines will be available in the Office of Student Life for review.

Social Media Policy

Program participants who participate in online interactions must remember that their posts reflect on the entire JSU community and, as such, are subject to the same behavioral standards set forth in this handbook.

Program participants may not use social media sites to publish disparaging or harassing remarks about Jackson State University, students, fellow teammates, the coaching staff, faculty, staff, school administrators and athletic or academic contest rivals.

Students who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon JSU.

Failure to abide by this policy will result in dismissal from the team.

PERSONAL APPEARANCE GUIDELINES:

1. Body/facial piercings, dangling earrings or spacers shall not be worn during games, practices, events, functions or appearances.
2. Hair must be maintained neatly and styled according to coaches' discretion. Hair color must be natural. (no multi-color hair)
3. Ladies may be required to wear make-up conservatively.
4. All program participants must maintain an athletic appearance. Each program participant is responsible for making healthy choices with diets and exercising regularly. Please note that certain uniforms reveal the mid section (stomach area) of the body. If program participants do not meet the requirement or does not possess the body type for the uniform, the program participant will not be allowed to cheer.
5. Posing for pictures: Cheerleaders/Tumblers and Tiger Mascot should pose in a way that represents themselves and the University in a positive image.
6. Banquet appearance: Business attire or semi-formal.

ATTITUDE GUIDELINES:

1. Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline a program participant in the event that the participant chooses to display, uncooperative, unpleasant, or nonchalant attitude. ***It shall be in the coaching staff's discretion whether a participant has displayed the aforementioned attitudes or behavior. Additional displaying such attitudes or behaviors may result in suspension or dismissal from the team.***
 2. There should be no talking or horse playing when program participants are stunting. Please note that only the back spot or assigned leader of the particular stunt group is allowed to talk.
 3. Continuous disruptive talking during practice will be subject to disciplinary actions and possible game suspension.
 7. A program participant shall be subject to disciplinary action for failure to participate completely in cheering, dancing, jumping, tumbling, and/or exercising.
- Remember **ALL final** decisions are made by the coach and/or administrative staff. Final decisions are not made by a lead cheerleader unless approved and authorized by the coach and/or administrative staff.

Other General Rules and Regulations

YOU:

1. Will arrive on time and attend all scheduled practices.
 - a. Classes and doctor excuses are the only excuses accepted.
 - b. You must notify the Coach, within a reasonable time, if you cannot attend practice and/or a game.
 - c. All program participants will be given tentative practice schedules.
 - d. Take a break together as a team.
 - e. Do not invite guests to practice unless approved by the coach.
 - f. Adhere to policy of NO cell-phone usage during practice.
2. Will not perform in jewelry, head wear (scarf's and hats). **Earrings are not allowed.**
3. Will not have nails past your fingertips nor pointed nails. This rule is for the purpose of program safety.
4. Will not wear colored nail polish. Participants may wear clear, French manicure/acrylic nails only in natural colors. However, nails must be trimmed to a short length. (Coach's discretion)
5. Will be required to attend work out sessions designated by the coach.

6. Required to attend study sessions designated by coach.
7. Must arrive in full uniform including make-up and hair completed.
8. If you are **dismissed** or **quit** the program YOU MUST return ALL purchased by the **University** on your behalf under the name of the program, the University and/or the related organization.
9. If you are dismissed or quit the program, you will not be permitted to try-out for the program the following season.
10. Will participate in community service.

Games (Football, Basketball, etc.)

YOU:

1. Will be required to attend all games! -whether cheering or not to support the activity and team unless you have written permission stating you cannot attend the game or activity.
 - Some program participants may travel by bus or plane to away games or events that require overnight stays.
2. Must be at practices to perform any function. If a participant has unexcused absences or tardiness, the participant will not be permitted to dress or be on the field or court for the game or event at issue and/or the next scheduled game or event.
3. Must be at the last practice before a game in order to travel and/or dress to perform. **No exceptions!**
4. Must earn a game cheering spot during practices.
5. Will be required to learn cheers/chants, stunts, and dances and execute tumbling.
6. Will not consume stadium/concession food or food not provided by the coach before or during the game. You will not consume sodas during game. You are permitted to consume only water and/or sports drinks at the halftime and during game as permitted by Coach.
7. Must remain on the field during half time at football games. (Program participants are not allowed to visit in the bleachers/stands unless authorized by the Coach.)
8. Will not walk around on a cell phone during halftime, before or during game.

9. Are responsible for cheer items: flags, pom poms, megaphones, signs, coolers, etc. (Mascot is responsible for the Tiger suit.)

10. Will be dismissed by the Coach after every game or event. Cheerleaders/Tumblers and Tiger Mascot are to report to a designated area after each home game in uniform.

11. Will be required to attend Championships (i.e. Football Championships, Basketball Conference and NCAA Championships) *Please note that Championships may fall during Thanksgiving Holidays, Christmas Holidays, and Spring Break!*

Cheerleaders/Tumblers and Tiger Mascot Demerit System

4 Demerits	<ul style="list-style-type: none"> • Use of profanity (or slang words) during practice • Chewing gum during practice • Fooling around/excessive talking during a practice • Inappropriate hair – must be correct when you arrive • Jewelry on during practice – (watch, earrings, nose ring, naval ring, tongue ring, etc.) • Late paperwork or assignment • Nails – Polish other than clear/natural (game day) • Tardy to Practice • Unprepared for practice – (shoes, clothes, etc.)
8 Demerits	<ul style="list-style-type: none"> • Nails – artificial/acrylic nails too long or pointed • Unprepared for game – (pom poms, ribbon, shoes, uniform, bag, megaphone, etc.) • Tardy to Game • Fooling around/excessive talking during a game • Unexcused absence from a practice or other required events • Poor sportsmanship • Jewelry on during game or event
10 Demerits	<ul style="list-style-type: none"> • Unexcused absence from a game or event • Attitude/Disrespect/Arguing with a coach or authority figure • PDA (public display of affection) while in uniform • Use of profanity (or slang words) while in uniform • Social media infraction
14 Demerits	<ul style="list-style-type: none"> • Use of Alcohol, Tobacco, or Drugs in uniform – NO TOLERANCE • Dishonesty to a Coach
Other	Demerits (1-14) can be given by coaches for any reason not listed above

Notes:

- ☀ 10 Demerits = Bench for next game or activity (stated by coach)
- ☀ 15 Demerits = DISMISSAL FROM PROGRAM
- ☀ A program participant may be benched from a game or put on probation for any reason specified by the coaches.

Cheerleaders/Tumblers and Tiger Mascot:

I understand that I must follow all the guidelines of being a JSU Spirit Team member. I understand the demerit system that will be enforced in the event that I fail to meet the requirements. I understand that benched performances or dismissal from the program can result from accumulated demerits.

By signing below, I understand the demerit system.

Cheerleaders/Tumblers and Tiger Mascot Signature

Date

Jackson State University Cheerleaders/Tumblers and Tiger Mascot Constitution

I, _____, acknowledge that as a member of Jackson State University's Cheerleaders/Tumblers and Tiger Mascot Program, I am held responsible for being a role model, a mentor, and a representative of the University. I consent to always exhibiting a positive and respectful character with excellent sportsmanship and dedication. I understand that I am a Jackson State University student first and I consent to striving and maintaining at least a 2.7 Grade Point Average (GPA) or I may be released from the Spirit Squad. I understand that my responsibilities as a Cheerleader/Tumbler/Tiger Mascot include but are not limited to attending and performing at football and basketball games, but other athletic events and other functions requested or requiring participation and the support from the Jackson State University Cheerleaders/Tumblers and Tiger Mascot Program held on or off campus.

I am aware that I am required to attend and be on time for **ALL** games and events unless I have an approved excuse prior to the event. I will attend all practices unless previously excused by the coach or my class schedule will not allow. I will behave in a safe and responsible manner at all times. I understand that I will be expected to participate in stunts and pyramids with extremely difficult skill levels that will require me to be knowledgeable of my role in that stunt or pyramid prior to my participation. I shall understand and be knowledgeable in every aspect of the stunt prior to taking part in the execution of the stunt. I will pay close attention to and be mindful of staying safe and keeping my teammates safe while stunting or tumbling. I will also be responsible for maintaining a healthy and drug-free lifestyle.

I understand individual participants of Jackson State University Cheerleader/Tiger Mascot Program are Role Models and I will carry myself in such a manner as not to degrade or disrespect anyone or allow myself to be treated as such. I understand that if at any time I, _____, do not uphold the expectations of my coach and squad or if I decide to quit, I will be required to leave the team and to submit all Jackson State University Cheerleader/Tumblers and Tiger Mascot Program paraphernalia to the coach/advisor or reimburse the amount of those items to the University or my student account will be charged that amount.

I will not be able to graduate or register until the items have been returned or money has been paid. I, _____, will do my best to uphold the expectations of Jackson State University and will encourage others to do the same.

I have read and received the Jackson State University Cheerleader/Tiger Mascot Program Handbook and I understand all Rules and Regulations and behavioral system given to me by the cheer coach. I have expressed my concerns, comments and questions to the coach and by signing I agree to follow and carry out my duties as Jackson State University Cheerleader/Tumbler/Tiger Mascot and I am willing to take part knowing that participating on the Spirit Squad at Jackson State University is total voluntary and I pledge my time and dedication to the program and will take part in this activity.

Cheerleader/Tumbler/Mascot Signature

Date

Coach Signature

Date

REQUIRED LEARNING

Jackson Fair

Jackson Fair, Jackson Dear

Thee I love, my dear old College home

Thee I love wherever I may roam

Jackson fair, Jackson dear.

Jackson fair, Jackson dear

Thee I love thy colors rich and bright

Thee I love, the blue and the white

Jackson fair, Jackson dear.

Refrain:

Hail, hail to thee,

Yes, hail to thee;

Hail to the College of my heart,

Hail, Hail to thee,

Yes, hail to thee;

Hail to the College of my heart.